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A 'POUTINE' INVESTIGATION OF OUR NATION'S OFTEN 'LOONIE' LANGUAGE PAGE 6

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Running back Jermaine Thomas rushes with the ball during the first practice of Roughriders training camp as it opened on Sunday at Griffiths Stadium at the University of Saskatchewan. Inset: Riders receiver Geroy Simon is retiring from the CFL after one season with the Green and White following many years with the B.C. Lions. MORGAN MODJESKI/METRO, INSET: FRANK GUNN/THE CANADIAN PRESS FILE

Famed receiver calling it quits

Geroy Simon.

Riders GM calls star's retirement a 'mutual parting,' has no regrets

MORGAN MODJESKI
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The Canadian Football League's all-time leading receiver, the Saskatchewan Roughriders' Geroy Simon, is retiring.

Roughriders general manager Brendan Taman confirmed Simon's decision on Sunday during the first day of training camp for the 2014 season.

"We've talked for the last couple of months and we agreed at some point last week that he wouldn't be back with us," Taman said after a practice at Griffiths Stadium at the University of Saskatchewan.

"We're working through some things on how we're going to transition him outside of football and we haven't finalized that, but his career is finished."

Taman said Simon's retirement is a "mutual parting." He noted that the team got what it was hoping for from Simon last season after the 38-year-old was traded to Saskatchewan in 2013 from the B.C. Lions, where he had been a star receiver since the 1990s.

"If you're asking me if I would do it over again," Taman said of the trade, "I would in a minute."

Roughriders quarterback Darian Durant said he's sad to see Simon and linebacker Mike McCullough retire from the Green and White. McCullough announced his retirement on Friday after 11 seasons with the Riders.

"Eventually, it's going to be all of our day to hang up the cleats, so what better way to go out on top like those guys did?" Durant said.

"It's a storybook ending for them."

Collective bargaining

Season still up in the air over deal

While the training camp began as scheduled on Sunday, the future of the CFL season is uncertain.

Talks between the league and the CFL Players' Association over a new collective bargaining agreement broke down last Thursday.

Roughriders head coach Corey Chamblin said it's business as usual.

"We can't worry about it each and every day," Chamblin explained.

"We've got to practise, and when those power(s) make the decisions, we just have to abide by it."

MORGAN MODJESKI/METRO, WITH FILES FROM THE CANADIAN PRESS

NEWS 1

Police find missing woman

Possible abduction.
26-year-old found injured; officers still looking for suspect

MORGAN MODJESKI
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A woman who went missing in Saskatoon on Friday was discovered injured in the city on Sunday night, though police were continuing to search for a man suspected of abducting her.

Mariana Cracogna, 26, turned up on an east-end street, city police said, shortly before 10 p.m. There was no sign of 36-year-old Clinton McLaughlin, whom police say should be considered dangerous as he has access to firearms.

"The details of her release/escape are unknown at this time. The victim has been transported to hospital and will be treated for her injuries that are being assessed," police stated in a release.

Earlier, police located a vehicle suspected to be connected to the abduction of Cracogna, a Saskatoon woman who had gone missing while returning a ring to her former fiancé, according to posts circulated by friends online.

Clinton McLaughlin

Police said she was abducted about 4 p.m. from the 1100-block of 7th Street and that they were "extremely concerned" about her safety.

On Sunday, a farmer east of Saskatoon spotted a 2010 Ford Explorer Sport Trac XLT, which police had said the two could be travelling in, and reported it to authorities.

Members of a police forensic identification unit are examining the truck. McLaughlin is described as white and six-foot-six with brown hair and blue eyes.

Authorities had also been looking for a blue 2000 Honda Civic, though the car has been located. Police have not specified the connection of the Civic to Cracogna or McLaughlin.

A topsy turvy kind of day

Cartwheeling into the hearts of Saskatoon kids on Sunday, Sandra Safire, a professional hula-hooper, is one of many performers at the PotashCorp Children's Festival of Saskatchewan. Organizers expect about 20,000 people to visit the festival during its run at Kiwanis Memorial Park through Wednesday. MORGAN MODJESKI/METRO

Merchants to work out details of new business district

The blueprint for a business improvement district (BID) on 33rd Street in Saskatoon is nearing completion.

In March 2013, Saskatoon's planning and development branch met with merchants to discuss a potential BID from Memorial Avenue to Avenue H. This month, they will meet again to hash out details to be submitted to city council.

Nicola Tabb, governor of Better Off Duds and a BID steering committee member, said the committee is proposing a $10,000 budget, with funds coming from a levy on participating property owners. The BID would promote 33rd Street and give its members a unified voice on municipal issues.

Alan Wallace, Saskatoon's director of planning and operations, said the June 24 meeting will finalize the proposal and gauge community support.

"Council has to be satisfied that the majority of these owners are in favour of this and it has a clear purpose," Wallace said. Several business and property owners say they support the plan, including Fortress Properties, owner of Mall 33, which houses nine tenants.

However, operations manager Mike Laliberte said it might mean increased costs for business owners.

"I can certainly understand how a struggling little storekeeper down the street might not want to see his taxes go up."

MORGAN MODJESKI/METRO

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NASA tests craft for manned Mars missions

Falling saucer. Red planet's thin atmosphere will require larger parachute, prototype test flight Tuesday

NASA's saucer-shaped experimental flight vehicle being prepared for a Range Compatibility Test at the at the U.S. Navy's Pacific Missile Range Facility at Kekaha on the island of Kaua'i in Hawaii. NASA/THE ASSOCIATED PRESS

The skies off the Hawaiian island of Kauai will be a stand-in for Mars as NASA prepares to launch a saucer-shaped vehicle in an experimental flight designed to land heavy loads on the red planet.

For decades, robotic landers and rovers have hitched a ride to Earth's planetary neighbour using the same parachute design. But NASA needs a bigger and stronger parachute if it wants to send astronauts there.

Weather permitting, the space agency will conduct a test flight Tuesday high in Earth's atmosphere that's supposed to simulate the thin Martian air.

Cameras rigged aboard the vehicle will capture the action as it accelerates to four times the speed of sound and falls back to Earth. Viewers with an Internet connection can follow along live.

Engineers cautioned that they may not succeed on the first try.

"As long as I get data, I'll be very happy," said project manager Mark Adler of the NASA Jet Propulsion Laboratory.

Landing has always been "one of the big technology challenges for a human Mars mission," American University space policy professor Howard McCurdy said in an email.

During the flight, a high-flying balloon will loft the disc-shaped vehicle from the U.S. Navy's Pacific Missile Range Facility in Kauai to 237 kilometres over the Pacific where it will be dropped. Then it will fire its rocket motor to climb to 55 kilometres, accelerating to Mach 4. The environment at this altitude is similar to Mars' thin atmosphere.

As it descends to Earth, a tube around the vehicle should inflate, slowing it down. Then the parachute should pop out, guiding the vehicle to a gentle splashdown in the Pacific.

NASA plans more test flights next year before deciding whether to use the new parachute on a future Mars mission. THE ASSOCIATED PRESS

Martian Landing

"(It's) one of the big technology challenges of any Mars mission"

Howard McCurdy, American University space policy professor
On landing a vehicle through the thin Martian atmosphere

Doggy disease gets golden goose eggs

A North Dakota company that discovered an antibody technology while trying to cure flocks of dying geese is using its research for a more warm and fuzzy purpose: saving puppies.

Early tests performed on about 50 puppies in seven U.S. states for Grand Forks-based Avianax have resulted in a 90 per cent cure rate for canine parvovirus, which spreads through animal waste and direct contact between dogs, usually at kennels, shelters and shows. Some puppies die from the virus and others are euthanized because the antibiotics and other medicine needed to treat it can be too expensive — sometimes up to $2,000 — and take too long.

At the Kansas City Pet Project, one of eight test sites and among the largest shelters in the United States, about five cases a month wind up on the ``parvo ward.'' Officials with the Missouri shelter believe the treatment will lead to a dramatic increase in their ``parvo graduates.''

"I think there will be a lot of puppy owners who will be very happy," said Avianax chief operating officer Richard Glynn. THE ASSOCIATED PRESS

This puppy spent time in the "parvo ward" of Kansas City Pet Project, where ParvoONE is being tested. THE ASSOCIATED PRESS

Canine parvovirus

"Parvo" is one of the most lethal and communicable diseases pet dogs suffer.

- **Spread at kennels, shelters and dog shows.** Animal waste and direct contact between dogs are disease vectors.
- **90 per cent cure rate.** Parvo is very responsive to Avianax's antibody treatment ParvoONE.
- **Parvo treatment currently costs $500-$2,000.** ParvoONE will cost $75 a dose
- **Antibody treatment may also work on:** rabies, dengue fever, avian flu and some cancers, pending regulatory approval.

Health

Old chemo drug finds new uses

Docetaxel, also known as Taxotere, is a cheap, decades-old chemotherapy drug now shown to extend life by more than a year when added to standard hormone therapy for men whose prostate cancer had widely spread, doctors reported Sunday.

"This is one of the biggest improvements we've seen in survival in adults," said Dr. Christopher Sweeney of Dana-Farber Cancer Institute in Boston. THE ASSOCIATED PRESS

Electronic initiative

N.Y. state expands health records

New York has been quietly building a statewide system of comprehensive medical records, planning to open computer links where patients and doctors can reference entire health histories.

The statewide health-information exchange was started in 2007 and comprises 10 regional exchanges now being stitched together.

A pilot program for patient access is scheduled to start this summer at two hospitals. THE ASSOCIATED PRESS

Universe-ity

Training next generation of space researchers

These summer classes are unlike any other: They're out of this world.

For nine weeks the International Space University will be offering a wide array of sessions in Montreal, including a robotics competition and an all-female astronauts' panel.

At least 15 Canadians have signed up for the sessions, which run from June 9 to Aug. 8.

THE CANADIAN PRESS

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Indian police say three confess to rape, murder

Country outraged. Two teenaged girls were assaulted and left hanging from a mango tree last week

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies.

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, Saxena said.

The suspects, who are cousins in their 20s, face murder and rape charges. Authorities also have arrested two police officers and suspended two others for failing to investigate when the father of one of the teens reported them missing.

India has a long history of tolerance for sexual violence, but the attack on the girls has caused outrage across the nation. THE ASSOCIATED PRESS

Protesters in New Delhi Saturday demonstrate against the rape and murder of two teen cousins. ALTAF QADRI /THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son, Drew, and a business partner confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for $88 million — an agreement that ended a very public feud over the Inquirer's business and journalism direction. Lenfest said Sunday that the deal will be delayed but will proceed.

Katz and Anne Leeds, a retired preschool teacher who was Katz's next-door neighbour and who also died in the crash, were among the 200 or so guests at the Concord, Mass., home of author Doris Kearns Goodwin on Saturday afternoon, her representative said. The event was to support an education initiative for Goodwin's son Michael. Afterward, the author joined Katz, her friend of nearly 20 years, and others at dinner, where they talked about their shared interests, Goodwin said.

"The last thing he said to me upon leaving for the plane was that most of all what we shared was our love and pride for our children," Goodwin said.

Katz once owned the NBA's New Jersey Nets and the NHL's New Jersey Devils. He made his fortune investing in the Kinney Parking empire. THE ASSOCIATED PRESS

Recovery of Mt. Rainier climbers uncertain

This photo shows the Liberty Ridge Area of Mount Rainier as viewed from the Carbon Glacier on Saturday. NATIONAL PARK SERVICE /THE ASSOCIATED PRESS

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months, she said.

Wold added that "there's no certainty that recovery is possible given the location."

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty Ridge.

"It's inconceivable that anyone survived that" fall, Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area. Air and ground searches were suspended late Saturday afternoon.

The group was on a five-day climb of the Liberty Ridge route, one of the more technical and advanced routes, and were scheduled to reach the summit of Mount Rainier on Thursday, with a day to climb down.

The missing group includes four clients of Seattle-based Alpine Ascents International and two guides.

When they did not return on Friday, the climbing company notified park officials. THE ASSOCIATED PRESS

Israel

Netanyahu urges Palestinian unity gov't be shunned

Israel's prime minister on Sunday urged the world to shun the emerging Palestinian unity government due to its ties to the Hamas militant group, rejecting Palestinian pledges that it will be a government of technocrats that will accept peace agreements with Israel and eschew violence.

The comments by Benjamin Netanyahu set the stage for what is likely to be a tough battle for international opinion.

While Israel has made clear it will reject the new government, the reactions of the EU and the U.S. will be critical. THE ASSOCIATED PRESS

Cambodia

Seven die in a well while trying to retrieve 75 cents

Seven people died from a lack of oxygen after climbing down a well in Cambodia to retrieve about 75 cents, police and relatives said Sunday.

The incident happened late Saturday in the northwestern province of Siem Reap when an 11-year-old boy and six other people went into the well to collect 3,000 riel (75 cents).

The boy's older sister, Che Chhan, said their father had accidentally dropped the money.

She said her 13-year-old sister and 15-year-old brother also died, and four neighbours. THE ASSOCIATED PRESS

Cameroon

Nun and two priests freed after abduction

A Canadian nun and two Italian priests have been freed two months after they were abducted by armed groups in northern Cameroon, authorities said Sunday.

Gilberte Bussiere, a 74-year-old originally from Asbestos, Que., was kidnapped on April 5 along with Gianantonio Allegri and Giampaolo Marta.

All three had been working as missionaries. Bussiere's cousin, Michel Belanger, who still lives in Asbestos, said the family felt relief after weeks of worry.

"We were almost expecting the worst," he said. THE CANADIAN PRESS

‘Miracle Baby’ happy and healthy three months later

Stillborn. Though baby didn’t breathe for nearly 30 minutes, mother says Mireya’s development appears normal so far

RUTH DAVENPORT
Metro in Halifax

Mireya, left, gets a kiss from her sister Trayah, age 2, on Sunday.
JEFF HARPER/METRO

Three months after her tumultuous birth, death and rebirth, the little girl known as “The Miracle Baby” appears to be a healthy, bouncing three-month-old.

“Everybody asks, is there any health issues?” said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home Sunday afternoon. “But knock on wood, she’s doing everything on time. She holds her head up, she turns to your voice, she smiles.”

Mireya was apparently stillborn after a long and difficult delivery in March — but after 28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn, but she and her family have all the explanation they need.

“It’s a miracle, and God is doing his work,” said Pearleen Shephard, Cyr’s aunt, who was in the delivery room offering “deep and strong” prayers for the baby’s well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

“She gets a lot of attention,” said Shephard. “A baby does demand a lot of attention, she’s just getting some extra special attention.”

Mireya’s story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Relief begets anger

No explanation from IWK Health Centre in Halifax, where baby was born

- Robin Cyr said she’s angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn’t accommodated.
- Cyr’s relatives said the delivery was torturous, and to this day say the video of the birth is “too traumatizing” for Cyr to see.

London. Shock fading as city copes with discovery of neglected, confined boy

The southeast London neighbourhood where police were shocked to find a 10-year-old boy locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children’s Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy’s aunt and uncle, who haven’t been publicly identified to protect the child, have been arrested and charged with failing to provide the necessaries of life and forcible confinement.

SCOTT TAYLOR/METRO IN LONDON

Winnipeg

Frozen pipes for many despite heat

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it’s a different story.

Hundreds of residents still have frozen water pipes.

Other cities in Canada and the U.S. grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg’s problem has dragged on the longest.

The city says there are still around 400 properties that have frozen pipes and many of them are relying on neighbours for water.

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- **Is your speech more American or British?** A defining facet of Canadian English is the tension between American and British dialects. Take a quiz to find out whether you sound more like a Brit or a Yankee.
- **Listen up, hosers!** Listen to Dr. Charles Boberg as he wraps his tongue around Canadian English and describes some regional differences in pronunciation.
- **Canadian English from coast to coast.** Help Metro chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.

Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use

LUKE SIMCOE
Metro Online

The term "Canadian English" was simultaneously coined and denounced by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geikie may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English, for example. The very existence of Canadian English is due in major part to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, would be the dominant tongue of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

Just the (fund and MER) facts

HOW TO ROLL
Alison Griffiths
metronews.ca

Not long ago, mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk — three essential ingredients of investing — could be ignored completely when advisers sold mutual funds to clients. Fund Facts, an initiative of the Canadian Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's Top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost or fund expenses (called the Management Expense Ratio or MER), are detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you $21.20 for every $1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also, missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent then your fund is an underperformer.

Still, Fund Facts has been a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

'Red card for FIFA!'

Demonstrating outside the National Stadium in Brasilia, protesters hold up a poster that reads in Portuguese "Red card for FIFA!" on Friday as they protest the money spent on the World Cup. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which will see little use after the big event, critics say. ERALDO PERES/THE ASSOCIATED PRESS

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NEXT STOP: DOG RIVER, SASK.

URBAN COMPASS
Christina Cherneskey
regina@metronews.ca

The concept of Corner Gas, the movie, probably seemed like a good idea at the time.

But now that all the excitement of the announcement of the production has subsided, even the mention of the project brings up bitter feelings for those who work in Saskatchewan's film industry.

The feature film will be shot in and around the town of Rouleau, again becoming the fictional community of Dog River. The end result might give the province a higher profile, but only for its endless landscapes, gravel roads and a grain elevator in the background.

Saskatchewan will not be recognized for its once-busy film industry, which was beginning to make major inroads before the provincial government put a stop to its film tax credit scheme about two years ago.

Vérité Films, a television production house behind the former Saskatchewan-produced Corner Gas series, moved its headquarters from Regina to Toronto because of the loss of the credit. President Virginia Thompson said there was no longer a viable way to finance such projects in Saskatchewan.

This has been debated for years. The province argued that the tax credit had cost the government $100 million since its introduction in 1998. People in the film industry, however, say hundreds of millions more had been spent in Saskatchewan only because of the credit.

The Saskatchewan Media Production Industry Association (SMPIA) says Corner Gas will predominantly use out-of-province professionals on the film set. With a glance at the production roster, even the untrained eye can spot the Toronto crew.

The $8.5-million production is receiving cash from a just-completed Kickstarter campaign, along with about $2 million from the Saskatchewan government and the assistance of an Ontario refundable tax credit. Some of that $2 million from Saskatchewan's public coffers will be used to pay Torontonians.

SMPIA executive director Vanessa Bonk says the loss of the tax credit means a large number of the jobs will not be granted to Saskatchewan film workers.

The Kickstarter campaign doesn't paint the best picture of the provincial government. The online fundraising came about through foresight by those in the industry who knew they were on their own.

At any rate, Dog River is on its way from the tube to the silver screen. Let's hope it brings Saskatchewan much-needed success.

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. MWN

Artist's viewpoint

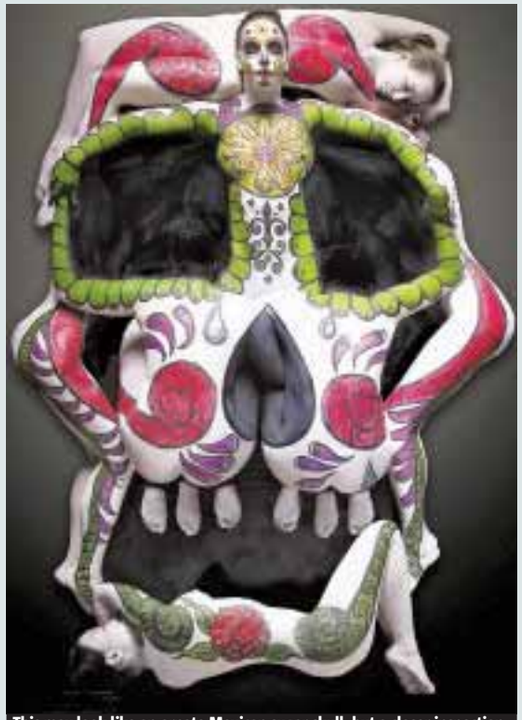
"I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating."

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.



This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

"The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me," he said. "Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals." MWN

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In this issue, you can find AR enhancements on page 9 in Scene and page 14 in Sports

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Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate the country's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder "James Rodriguez," whose two-footed namesake plays for French club Monaco. THE ASSOCIATED PRESS

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

- "The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured," said Ramiro Barragan, Nobsa's mayor.

metro
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See that symbol? It means you can scan the photo below with your Metro News app. Song of the summer? We have the Want U Back music video

Cher Lloyd wants to apologize for being late

Comeback kid. After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY
Metro World News in Boston

Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

Lyrical analysis

- **A butt and a rack.** Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

Ebooks

Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with $70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Michelle Williams. ALL PHOTOS: GETTY IMAGES

Hiding Matilda takes a few cues from fellow celeb kid Suri Cruise

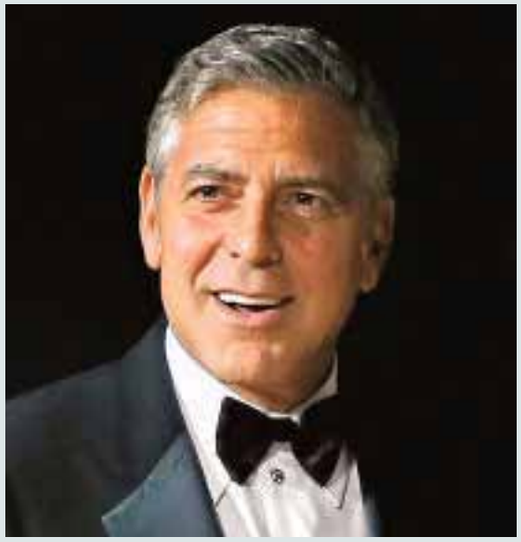
Michelle Williams is gearing up to leave Brooklyn and move back to Los Angeles to make securing film roles easier, and apparently her eight-year-old daughter, Matilda, is looking forward to finding new ways to dodge the paparazzi, according to Radar Online. "Matilda is joking that she's going to impersonate Suri Cruise," a source says. "They have a set of disguises they use specifically in Los Angeles that makes them completely unrecognizable to photographers and allows them to have long mother-daughter days in complete privacy. Matilda is absolutely loving the game, but one day she made her mother break down in tears of laughter when she emerged from her room in a Suri Cruise look-a-like wig and outfit."

Vitalii Sediuk

Pitt prankster faces probation, therapy

Ukrainian prankster Vitalii Sediuk may have crashed his last red carpet. The TV reporter pleaded no contest to battery charges in L.A. Friday following his accosting of Brad Pitt at the Maleficent premiere, resulting in a sentence of three years' probation and 12 months of therapy as well as a restraining order to keep him away from Pitt, Angelina Jolie and their family. Sediuk also made headlines last month for sticking his head up America Ferrera's dress at Cannes and last year for trying to kiss Will Smith on the lips during a red carpet interview.

The Word



A castle fit for the wedding of King George?

STARGAZING
Malene Arpe
scene@metronews.ca

George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of $350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Michael C. Hall admits he doesn't know if he even watched the finale of Dexter. Experts reckon that as Michael doesn't have a persistent urge to punch his television whenever the word "lumberjack" is mentioned, he didn't.

This week in apologies: 1) It's not true that the matter of Chrissie Teigen and Kris Jenner both wearing a $9,000 Alexander McQueen jacket during the Kimye wedding celebrations was resolved "by spider fighting." 2) There is no proven correlation between Nikki Reed filing for divorce and dying her hair blond. 3) When we wrote that Carrie Fisher was "fighting for the buns" in reprising Princess Leia in Star Wars VII, we didn't know she was talking about her hair. We sincerely apologize to Cinnabon for the unkind words.

Lindsay Lohan

London calling to Lindsay Lohan

She's London's problem now. Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun. "Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track. "Lindsay has also started investigating getting acting work in London."

Are Beliebers losing faith in Justin?

Sure, a lot of people dislike Justin Bieber, but exactly how much? Well, the Canadian pop star has been ranked the fifth most hated man in the U.S., according to a new survey released by E-Score. But with a little work — and a few more run-ins with the law — Bieber could certainly take the top spot. Standing in his way are disgraced L.A. Clippers owner Donald Sterling at No. 1, Bernie Madoff at No. 2 and Conrad Murray and OJ Simpson tied for third.

Justin Bieber

Twitter

@PamelaDAnderson
I just can't think with all this hair...

@mcgregor_ewan
You can never have enough Almonds in your pockets.

@Miles_Teller
A burnt tongue is very stubborn

Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Keep tabs on small indulgences like workday coffees, which can quickly add up. ISTOCK

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop $100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need $20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending $600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the Journal of the American Osteopathic Association, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was then scoured line by line and compared to trusted, peer-reviewed sources of medical information.

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related disorders, which was accurate at the time of review, according to the experts, although errors could of course be added at any time.

Down-at-heal doctoring

47-70%

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

These conclusions underscore the necessity of double-checking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. AFP

'Round the world wisdom

Are your thoughts helping or hindering you?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

What's in our head when facing a big challenge? In the Gobi desert, I ran the first four marathons without much of a care. On the fifth day, a double marathon, I spent 10 hours with myself, questioning my capabilities.

The more my inner judge examined my weaknesses and doubted my abilities, the slower I ran. The self-fulfilling prophecy was realized and I learned a lesson that day: Were I to run an ultra-marathon again, I now knew I had the physical ability to thrive, but I needed to retune my inner voice. One year later, I signed up for the Sahara Race and went to work.

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I would also pay attention to my speed. Afterwards, I would listen to the conversations with a coach, dissecting each one and then correlating them to the speed at which I ran.

There was a mash-up of feelings, such as "I'm hurting," or "I'm bored," interrupted periodically with unfocused thoughts such as "I wonder what I'll have for breakfast."

As my coach and I listened to the recordings and cracked up at the ridiculousness of my running commentary, I rapidly came to understand that while my brain was firing off thoughts on the run, I was no longer fully in the moment. It was as if my thoughts consumed energy, depleting me and resulting in a slower running time than I was capable of.

I also discovered that we can tell ourselves incredibly disempowering, and at times even hurtful things, as opposed to uplifting ones.

In the end, the sheer act of voicing my inner thoughts to the recorder started to interrupt these thoughts. The recordings would in time deaden the voice.

It doesn't matter what hurdles we face — you can count on being hijacked by your feelings. Odds are, if you notice and record them, they will disappear, allowing you to replace them with thoughts that will help you reach your goals faster.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that Prairie Sun Pub & Brewery Inc. has applied to the Liquor and Gaming Authority for a Tavern Brew Pub Permit to sell alcohol in the premises known as Prairie Sun Brewery at 2020 Quebec Ave, Saskatoon, SK of which the following is a correct legal description:

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Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
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Box 5054
Regina, SK S4P 3M3

Stitching up great success as the author of a style blog

When closets compute.
The world's fashion-fuelled minds are fast turning typing into a fashionable pursuit

ANDREA PARK
Metro World News

What is it about wearables you could be sharing with the world? ISTOCK

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."
Freddy Rodriguez
Author of blog, Blue Perk

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Ryan Charchian, 20, is still a student, but the blogger behind Fashionisto Diaries already has a manager.

Charchian credits his start in Washington, D.C., where the fashion blog scene was not as crowded as the one in New York, as an advantage; even as a high school student, he received invitations to fashion events around the city. F.I.T. seemed like a natural fit when he applied to college and Charchian has been taking advantage of life in New York City by taking on various internships at Vince and now at Tumblr.

"The things I'm passionate about I take 110 per cent," he said. "I will admit there were times I could be so much more studious, but I love my blog and I love what I do."

Make it work!

Ryan Charchian interviewed Tim Gunn for his blog when he was just 15, and he has been on the up and up ever since

- Charchian has more than 60,000 followers on his blog and is now foraying into the world of vlogging (video blogging). He's also still friends with Tim Gunn.
- "We went to his apartment and shot his closet and I was one of the first press people to see his closet, which was the most stunning and organized thing I've ever seen in my life," he gushed of his mentor.

Nutrition, flavour and ease all in one

This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

During the warmer months, I love a healthy pasta salad that can be served at room temperature. I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal. This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl, combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

Nutritional information

Per serving

- **Calories.** 270
- **Carbohydrates.** 40 g
- **Fibre.** 8.5 g
- **Protein.** 4 g
- **Total fat.** 13 g
- **Saturated fat.** .75 g
- **Cholesterol.** 80 mg
- **Sodium.** 600 mg

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp

Hoisin sauce

- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt

Garnish

- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

metro

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So do movie features, sports highlights, celebrity gossip...

The Kings celebrate their 5-4 overtime win over the Blackhawks in Game 7 of the Western Conference final on Sunday in Chicago. JUSTIN HEIMAN/GETTY IMAGES

A grind-it-out win fit for the Kings

NHL playoffs. L.A. eliminates defending champions with overtime stunner

Alec Martinez scored at 5:47 of overtime, and the Los Angeles Kings beat the Chicago Blackhawks 5-4 in Game 7 of the Western Conference finals Sunday night.

Martinez's shot went off Blackhawks defenceman Nick Leddy and over goalie Corey Crawford, stunning the sellout crowd at the United Center and leading to a wild on-ice celebration for Los Angeles. Leddy was disconsolate as the Kings gathered in a big huddle along the boards.

Game 7

5	4
Kings	Blackhawks

Los Angeles improved to 7-0 in elimination games with its third Game 7 win on the road this post-season. It will host the New York Rangers in Game 1 of the Stanley Cup finals on Wednesday night.

Justin Williams and Tyler Toffoli each had a goal and an assist for the Kings, who once held a 3-1 lead in the series, only to have the defending champion Blackhawks come back to force Game 7. Marian Gaborik had the tying goal midway through the third period.

Patrick Sharp scored two goals for the Blackhawks, who blew a 2-0 lead. Brandon Saad had a goal and an assist, and Patrick Kane had two more assists.

Chicago's loss means Detroit remains the last NHL team to win consecutive titles in 1997 and 1998.

THE ASSOCIATED PRESS

CFL

Potential strike looms over camps

CFL training camps opened Sunday amid the uncertainty of a potential players' strike.

Veterans reported for the start of two-a-day workouts three days after negotiations on a new collective bargaining agreement broke down for the second time in as many weeks. The old deal expired Thursday, the two sides haven't met since and have no new talks scheduled.

The CFL Players' Association has mailed strike ballots to its members but Alberta labour laws could push the start of a strike into next week.

THE CANADIAN PRESS

French Open

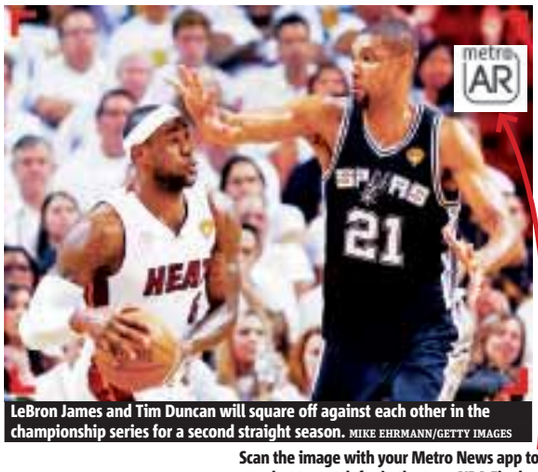
Raonic, Bouchard smash door to quarter-finals

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarter-finals of the French Open.

Eighth-seeded Raonic, from Thornhill, Ont., dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Montreal's Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

Raonic will be the first Canadian man to play a Grand Slam quarter-final since Mike Belkin at the 1968 Australia Championships — now the Australian Open.

Bouchard is the first Canadian woman to make the quarter-finals in Paris since Helen Kelesi did it in 1989. THE CANADIAN PRESS



LeBron James and Tim Duncan will square off against each other in the championship series for a second straight season. MIKE EHRMANN/GETTY IMAGES

Scan the image with your Metro News app to get up to date on what to watch for in the 2014 NBA Finals.

Familiar feeling to NBA Finals

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best."

Heat guard Dwyane Wade

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"If I can compliment my own team humbly, to have that tough loss, especially the Game 6 and not have a pity party and come back this year and get back to the same position, I think that's fortitude," Spurs coach Gregg Popovich said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

♉ Taurus
April 21 - May 21
Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

♊ Gemini
May 22 - June 21
Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

♌ Leo
July 24 - Aug. 23
A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

♎ Libra
Sept. 24 - Oct. 23
This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

♏ Scorpio
Oct. 24 - Nov. 22
If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

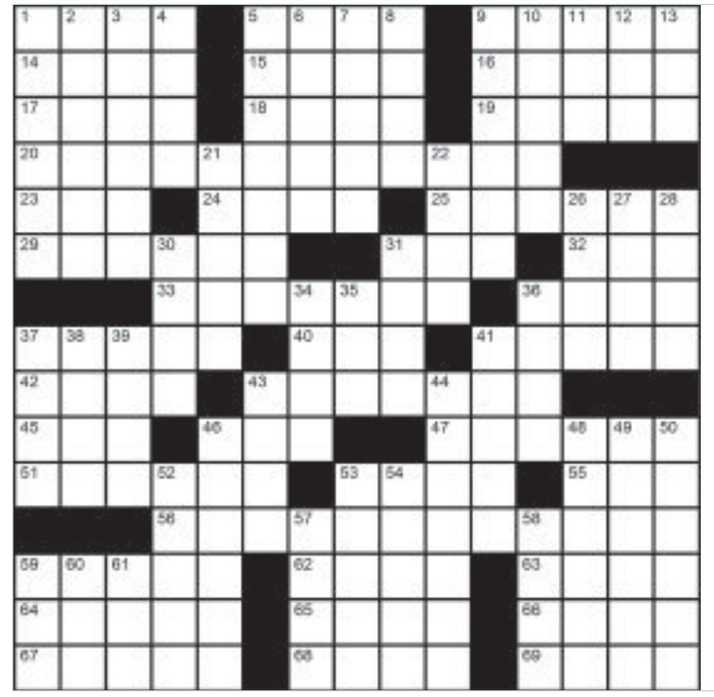
♑ Capricorn
Dec. 22 - Jan. 20
Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

♒ Aquarius
Jan. 21 - Feb. 19
If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

♓ Pisces
Feb. 20 - March 20
Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. SALLY BROMPTON

Crossword: Canada Across and Down

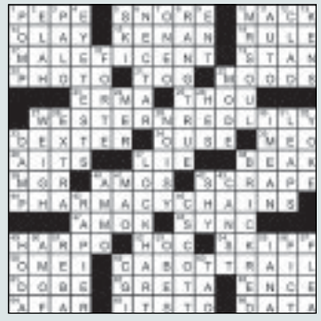
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Trade
5. Radar signal
9. The Viscount __ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy __ du Bois
15. Ancient symbol
16. Scent
17. "..._ __ my Annabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, __ Castle
23. Water wiggler
24. Too
25. Peter __ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-__
51. Piano company
53. Filmmaker, Gus Van __
55. Onetime bird
56. Fun/upbeat music genre: 3 wds.
59. __ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days ___"
65. Discharge
66. Beam
67. Windblown silt deposit
68. Baseball's Sammy
69. Notices

Down
1. Dish-seasoning person
2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-__ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon goddess
7. Something's start, shortly
8. __ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's lettered award
13. Mary __ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, variantly
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et __ (And others, in Latin)
39. Planter's purchase
41. Jean __ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "__ Day Off"
48. HRE's 'E'
49. Global's "__ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, __ Jima
61. Sweater neck shape

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8		2					
	7		3	1	8			2
					9		5	7
5			4					
7								1
					3			9
9	2		7					
8			5	9	1		6	
					6		9	3

Friday's Sudoku

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Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments![†]

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

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* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. ***Scotia Flex Value*® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the *Scotia Flex Value*® Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. The *Scotia Flex Value*® Mortgage interest rate varies with Scotiabank Prime.
These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.